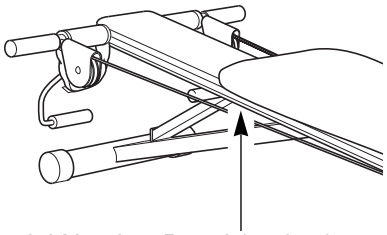
BODY WORKS

THE COMPLETE WORKOUT

WEIDER®

Model No. 831.280830
Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Serial Number Decal (under frame)

EXERCISE EQUIPMENT

QUESTIONS

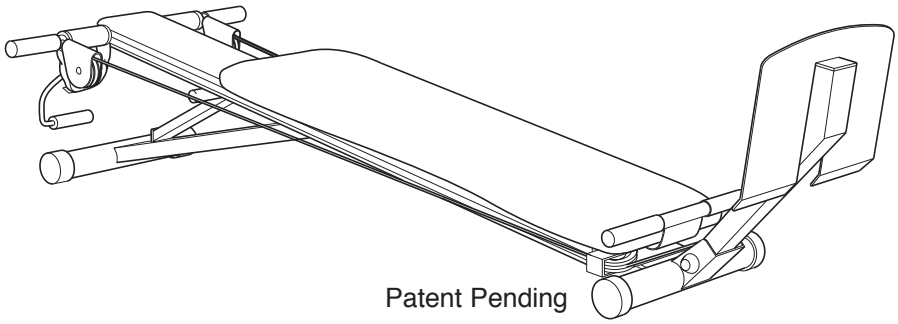
HELPLINE!

1-800-736-6879

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Patent Pending

SEARS

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the gym.

1. **Read all instructions in this manual before using the gym.**
2. **It is the responsibility of the owner to ensure that all users of the gym are adequately informed of all precautions.**
3. **Use the gym only as described in this manual.**
4. **Use the gym only on a level surface. Cover the floor beneath the gym for protection.**
5. **Inspect and tighten all parts each time you use the gym. Replace any worn parts immediately.**
6. **Keep hands and feet away from moving parts.**
7. **Always tie back long hair to prevent it from becoming caught.**
8. **Keep children under 12 years old and pets away from the gym at all times.**
9. **The gym should not be used by persons weighing more that 250 pounds.**
10. **Always wear athletic shoes for foot protection while exercising.**
11. **Always be sure that the tab on the adjustment leg is inserted completely into the incline leg before using the gym.**
12. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
13. **The gym is intended for home use only. Do not use the gym in any commercial, rental, or institutional setting.**

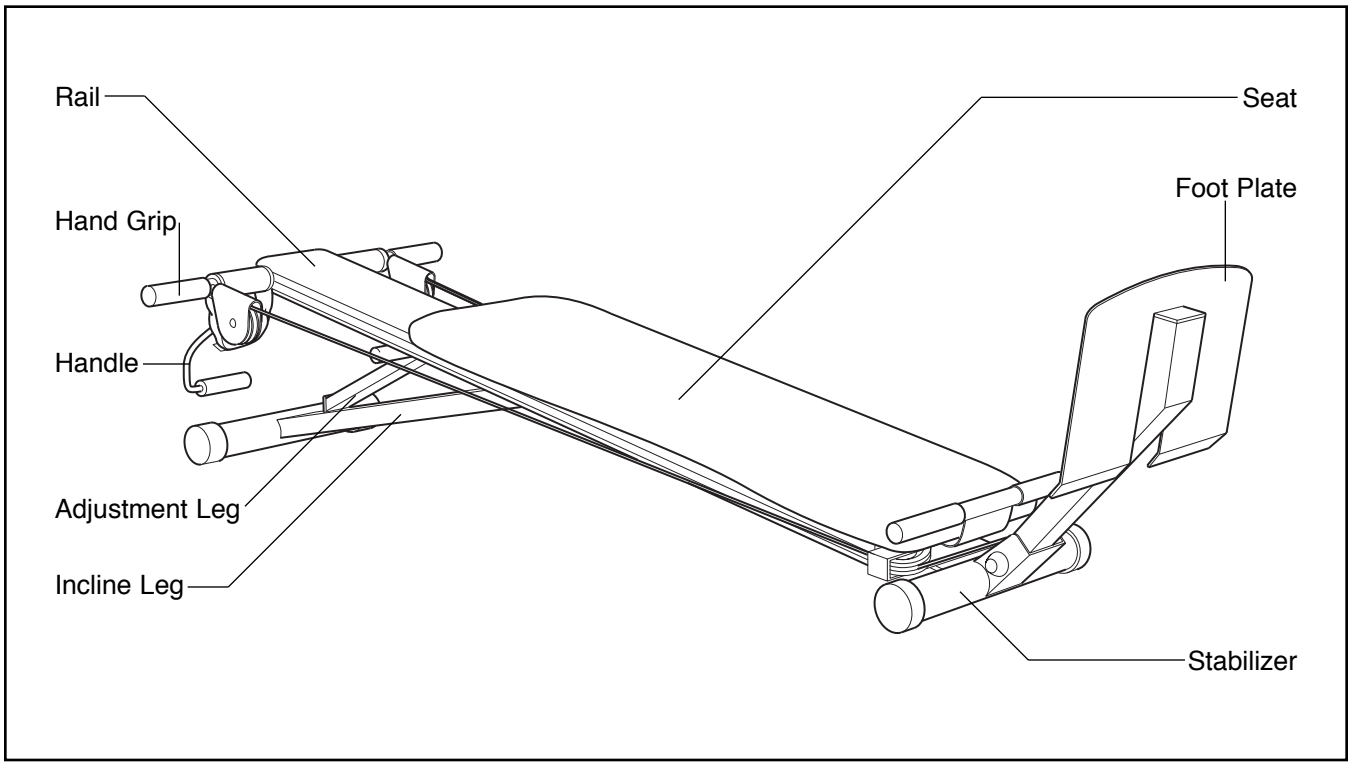
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® BODY WORKS gym. The versatile BODY WORKS gym is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the BODY WORKS gym will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the BODY WORKS gym. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.280830. The serial number can be found on a decal attached to the BODY WORKS gym (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

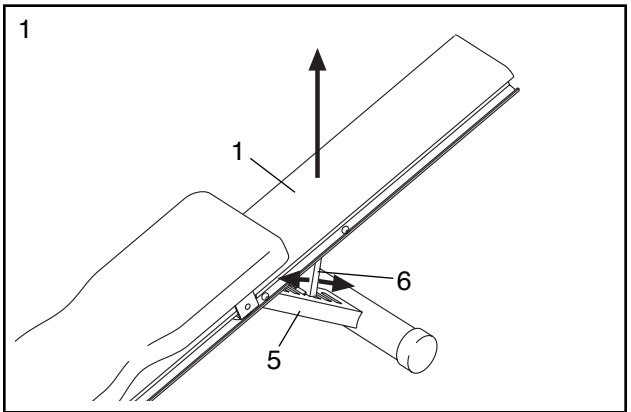
Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the BODY WORKS gym in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- As you assemble this product, make sure that all parts are oriented as shown in the drawings.
- **Assembly requires the following tools:**

The included allen wrench

Your own adjustable wrench

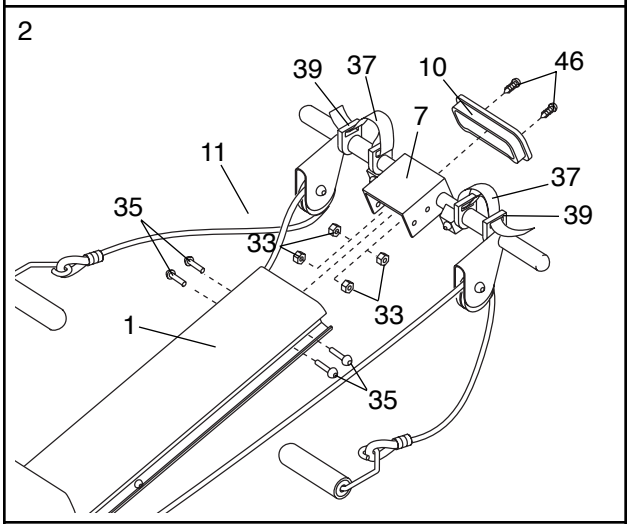
1. Lift the Rail (1) until the tab on the Adjustment Leg (6) can be inserted into a slot in the Incline Leg (5). **Be sure that the tab on the Adjustment Leg is fully inserted into the slot in the Incline Leg.**



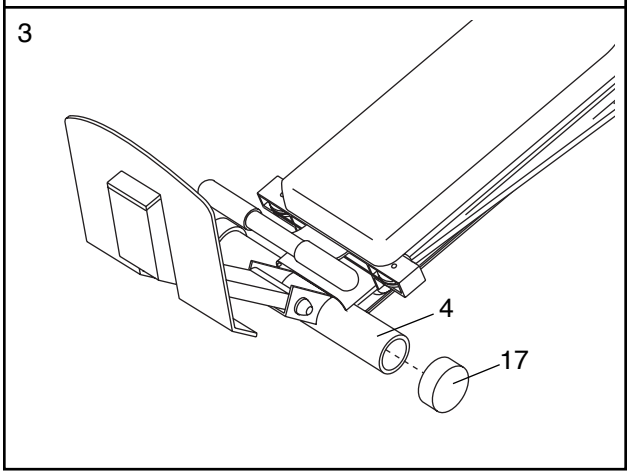
2. Slide the Upper Bar (7) into the Rail (1). Using the included allen wrench and an adjustable wrench, attach the Upper Bar to the Rail with four 3/8" x 3/4" Button Head Bolts (35) and four 3/8" Nylon Locknuts (33). **Be sure that the Cord (11) is correctly routed around all pulleys and that the pulleys and Cord move smoothly.**

   Press the Rail Cap (10) into the Rail (1). Press two Tree Fasteners (46) into the Rail Cap.

   Insert the ends of the Foot Straps (37) through the Strap Rings (39). Press the fastener strips on the ends of the Foot Straps onto the other fastener strips.



3. Press a Round Cap (17) onto each side of the Stabilizer (4).



ADJUSTING THE BODY WORKS GYM

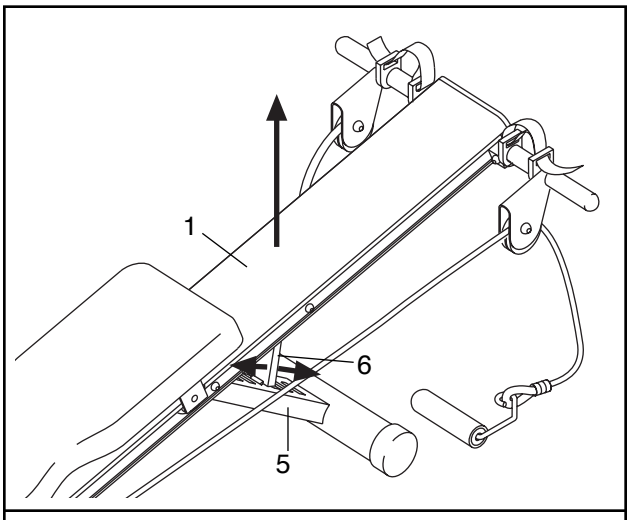
The BODY WORKS gym is designed to use your own body weight as resistance. The steps below explain how the gym can be adjusted and folded for storage. Refer to the accompanying exercise poster to see the correct form for each exercise.

Inspect and tighten all parts each time you use the gym. Replace any worn parts immediately. The gym can be cleaned with a damp cloth and mild, non-abrasive detergent; never use solvents.

ADJUSTING THE INCLINE

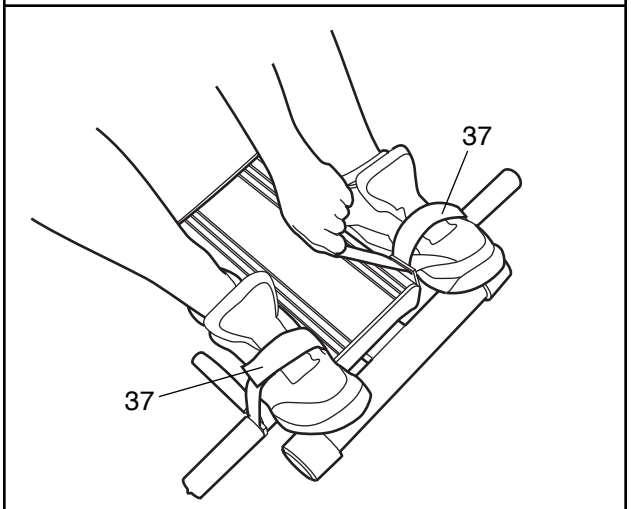
The incline of the BODY WORKS gym can be adjusted to change the resistance level of your workout.

To adjust the incline, lift the Rail (1) until the tab on the Adjustment Leg (6) can be removed from the slot in the Incline Leg (5). Raise or lower the Frame to the desired incline and insert the tab on the Adjustment Leg into the desired slot in the Incline Leg. **Be sure that the tab on the Adjustment Leg is fully inserted into the slot in the Incline Leg.**



ADJUSTING THE FOOT STRAPS

To adjust the Foot Straps (37), first slide your feet into the Foot Straps as shown. Pull each Foot Strap with your hand until it is tight over your foot without being uncomfortable. Press the fastener strip on the end of the Foot Strap onto the other fastener strip. **Be sure that the fastener strips are correctly fastened.**

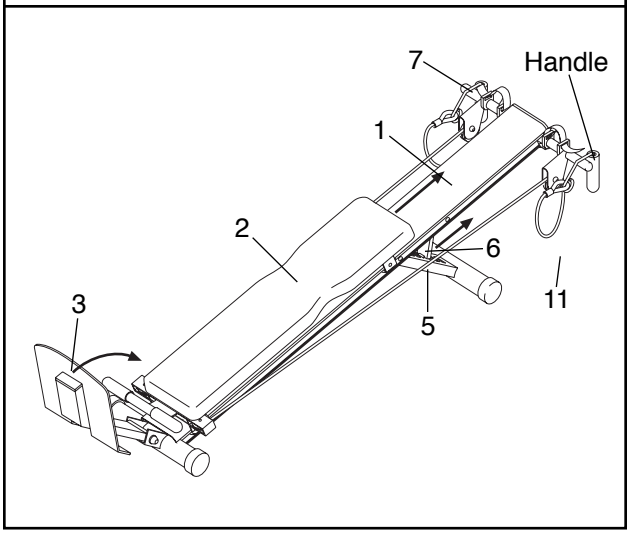


STORING THE BODY WORKS GYM

The BODY WORKS gym can be folded flat for easy storage in a closet or under a bed.

Slide the Seat (2) up toward the Upper Bar (7) and fold the Foot Plate (3) down onto the Rail (1). Slide the Seat back down until it rests on the Foot Plate.

Lift the Rail (1) until the tab on the Adjustment Leg (6) can be removed from the slot in the Incline Leg (5). Pivot the Adjustment Leg up against the Rail and lay the BODY WORKS gym flat on the floor. Pull the Cord (11) tight and hang the handles on the Upper Bar (7).



PART LIST—Model No. 831.280830

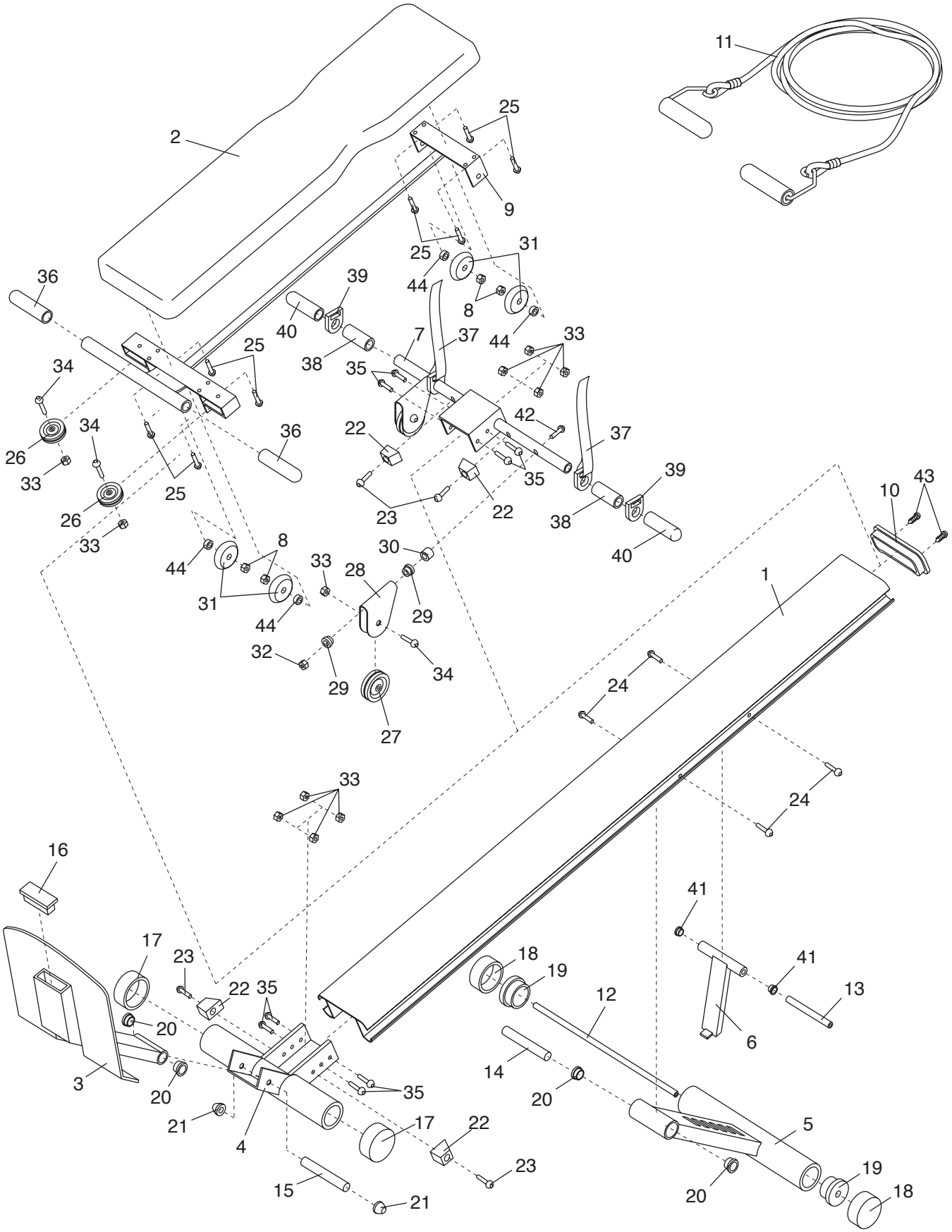
R1197A

Key No.	Qty.	Part No.	Description	Key No.	Qty.	Part No.	Description
1	1	141101	Rail	24	4	013556	5/16” x 3/4” Screw
2	1	141217	Seat	25	8	013456	1/4” x 1” Screw
3	1	141119	Foot Plate	26	2	141056	Small Pulley
4	1	141108	Stabilizer	27	2	124590	Large Pulley
5	1	141112	Incline Leg	28	2	141202	Pulley Housing
6	1	141196	Adjustment Leg	29	4	141275	Housing Bushing
7	1	141186	Upper Bar	30	2	141212	Housing Spacer
8	4	121576	1/4” Nylon Jam Nut	31	4	141209	Wheel
9	1	141191	Seat Bracket	32	2	119425	3/8” Nylon Jam Nut
10	1	140842	Rail Cap	33	12	012149	3/8” Nylon Locknut
11	1	141509	Cord/Handle	34	4	141226	3/8” x 1 3/4” Bolt
12	1	141211	Roller Axle	35	8	141225	3/8” x 3/4” Button Head Bolt
13	1	141210	Adjustment Axle	36	2	141214	6” Grip
14	1	141061	Incline Axle	37	2	141231	Foot Strap
15	1	114058	Foot Plate Axle	38	2	141213	Grip Spacer
16	1	141510	Foot Plate Cap	39	2	141216	Strap Ring
17	2	130656	Round Cap	40	2	141215	5” Grip
18	2	106697	Roller	41	2	131411	Support Bushing
19	2	141273	Roller Bushing	42	2	141224	3/8” x 3.17 Button Head Bolt
20	4	141060	3/4” Bushing	43	2	142790	Tree Fastener
21	2	103735	Dome Cap	44	4	142791	Spacer
22	4	113106	Bumper	#	1	141816	User’s Manual
23	4	013322	#8 x 3/4” Button Head Bolt	#	1	140721	Exercise Poster

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering replacement parts.

EXPLODED DRAWING—Model No. 831.280830

R1197A



SEARS

Model No. 831.280830

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® BODY WORKS gym**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART
(1-800-366-7278)

The model number and serial number of your WEIDER® BODY WORKS gym are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.280830).
- The NAME of the product (WEIDER® BODY WORKS gym).
- The PART NUMBER of the PART (see the PART LIST on page 6 of this manual).
- The DESCRIPTION of the PART (see the PART LIST on page 6 of this manual).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 141816 G03767-C R1197A

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